

# Advice for parents of teenagers

You've always (1) ..... up your children to come to you when they're in trouble. You feel it's your job to (2) ..... after them when they're having problems. But now, as your children are (3) ..... up, they often don't want to share their problems with you. That's perfectly normal, so don't worry! Of course, you want to (4) ..... on well with your children, but that means you have to give them some freedom.

Maybe they've (5) ..... out with their best friend and feel upset and angry. Maybe they've just (6) ..... up with the boyfriend or girlfriend they've been (7) ..... out with. Maybe they've been (8) ..... down by a friend who they trusted. Teenagers go through all these problems. If they want to talk to you about it, then that's fine. But if they don't, don't force them. They'll come to you when they're ready.